

Safe Dates

Fidelity Instrument

The following instrument is designed to provide information about how you are implementing the Safe Dates curriculum. This information will be used as part of the Safe Dates evaluation for both program improvement (e.g., to modify sessions that are not well received or add to sessions that may be lacking in content), and to provide a context for interpreting the pre and posttest survey results.

There is one instrument for each of the 10 Safe Dates sessions. Please check to be sure you are completing the instrument that corresponds to the session you just completed. That is, if you just completed Session 1, be sure you are completing the instrument for Session 1. It is important that you complete the instrument as soon after each session as possible. Completing the instrument immediately after each session will help ensure that information about the session is still fresh in your mind. Please try to be as thorough and complete as possible when completing the instrument.

Thank you very much for taking the time to provide this important information.

Instructor's name:
Community organization:
Session date:
Number of participants:

Session 1: Defining Caring Relationships

Please complete the following 7 questions.

1. How long did the session last?

2. Please indicate to what extent you addressed each of the following Session 1 components.

Part 1: Introducing the Safe Dates Curriculum to Students

____ Not at all ____ Somewhat ____ Mostly ____ Completely

Part 2: What is Dating?

____ Not at all ____ Somewhat ____ Mostly ____ Completely

Part 3: Dating Bingo

____ Not at all ____ Somewhat ____ Mostly ____ Completely

Part 4 (Optional): Caring People and Caring Relationships

____ Not at all ____ Somewhat ____ Mostly ____ Completely

Part 5: How I Want to be Treated

____ Not at all ____ Somewhat ____ Mostly ____ Completely

Part 6: Homework Assignment

____ Not at all ____ Somewhat ____ Mostly ____ Completely

Part 7: Conclusion, Summary of the Session

____ Not at all ____ Somewhat ____ Mostly ____ Completely

3. Based on your responses to Question 2, above, if there are components of Session 1 that were NOT addressed “completely” (i.e., addressed “not at all,” “somewhat,” or “mostly”), please help us understand why.

4. Do you feel that you were adequately trained to implement Session 1 as intended?

_____ NO

_____ YES

4a. If you answered “No” to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 1 as intended.

5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?

_____ No

_____ Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Overall, how successful were you in achieving each of the following Session 1 learner outcomes (as presented on page 31 of the Safe Dates curriculum manual)?

Participants can identify the qualities that are most important to them in a dating relationship

_____ Not at all successful

_____ Somewhat successful

_____ Mostly successful

_____ Completely successful

Participants can identify actions that are caring and supportive

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can describe how they want to be treated by a dating partner

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can describe how they want to treat a dating partner

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants understand that they can and should choose how they'll be treated in a dating relationship

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants understand that they can and should choose how they'll treat a dating partner

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

If you were less than “completely successful” in achieving any of these outcomes, please help us understand why.

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 1?

Instructor's name:

Community organization:

Session date:

Number of participants:

Session 2: Defining Dating Abuse

Please complete the following 7 questions.

1. How long did the session last?

2. Please indicate to what extent you addressed each of the following Session 2 components.

Part 1: Ground Rules and Homework

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 2: Identifying Harmful Behaviors

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 3: What is Abuse?

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 4: Defining Abusive Dating Relationships

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 5: Facts About Dating Abuse

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 6: Conclusion, Summary of the Session

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

3. Based on your responses to Question 2, above, if there are components of Session 2 that you covered “not at all” or “somewhat,” please help us understand why.

4. Do you feel that you were adequately trained to implement Session 2 as intended?

____ NO

____ YES

4a. If you answered “No” to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 2 as intended.

5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?

____ No

____ Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Overall, how successful were you in achieving each of the following Session 2 learner outcomes (as presented on page 43 of the Safe Dates curriculum manual)?

Participants can identify harmful dating behaviors

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can define physically and emotionally abuse behaviors

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can identify physical and emotional abuse in a dating relationship

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants are more likely to identify abusive behaviors as abusive

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants are more aware of their susceptibility to dating abuse

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants are more likely to reject abuse as normal in dating relationships

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

If you were less than “completely successful” in achieving any of these outcomes, please help us understand why.

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 2?

Instructor's name:

Community organization:

Session date:

Number of participants:

Session 3: Why Do People Abuse?

Please complete the following 7 questions.

1. How long did the session last?

2. Please indicate to what extent you addressed each of the following Session 3 components.

Part 1: People Abuse to Control and Manipulate Someone

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 2: Other Reasons for Abuse

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 3: Consequences of Abuse

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 4: Warning Signs of Abuse

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 5: Conclusion, Summary of the Session

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

3. Based on your responses to Question 2, above, if there are components of Session 3 that you covered “not at all” or “somewhat,” please help us understand why.

4. Do you feel that you were adequately trained to implement Session 3 as intended?

____ NO

____ YES

4a. If you answered “No” to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 3 as intended.

5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?

____ No

____ Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Overall, how successful were you in achieving each of the following Session 3 learner outcomes (as presented on page 57 of the Safe Dates curriculum manual)?

Participants can describe the controlling and manipulative functions of dating abuse

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can identify abusive behaviors as abusive

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can choose not to believe common misperceptions of why dating abuse happens

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants understand that dating abuse is a serious matter

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants understand that abuse is not the victim's fault

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can describe the serious short- and long-term consequences of abusive relationships

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can identify the warning signs that a person is a victim of abuse or is an abusive partner

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

If you were less than “completely successful” in achieving any of these outcomes, please help us understand why

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 3?

Instructor's name:

Community organization:

Session date:

Number of participants:

Session 4: How to Help Friends

Please complete the following 7 questions.

1. How long did the session last?

2. Please indicate to what extent you addressed each of the following Session 4 components.

Part 1: Why Don't People Just Leave?

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 2: Why Is It Hard to Get Help?

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 3: How to Help a Friend

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 4: Community Resources

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 5: Conclusion, Summary of the Session

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

3. Based on your responses to Question 2, above, if there are components of Session 4 that you covered “not at all” or “somewhat,” please help us understand why.

4. Do you feel that you were adequately trained to implement Session 4 as intended?

____ NO

____ YES

4a. If you answered “No” to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 4 as intended.

5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?

____ No

____ Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 4?

Instructor's name:
Community organization:
Session date:
Number of participants:

Session 5: Helping Friends

Please complete the following 7 questions.

1. How long did the session last?

2. Please indicate to what extent you addressed each of the following Session 5 components.

Part 1: Elijah's Story

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 2: Zoey's Story

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 3: Being a Friend

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 4: Conclusion

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

3. Based on your responses to Question 2, above, if there are components of Session 5 that you covered "not at all" or "somewhat," please help us understand why.

4. Do you feel that you were adequately trained to implement Session 5 as intended?

_____NO

_____YES

4a. If you answered “No” to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 5 as intended.

5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?

_____ No

_____Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Overall, how successful were you in achieving each of the following Session 5 learner outcomes (as presented on page 83 of the Safe Dates curriculum manual)?

Participants can identify red flags that indicate their friend might be an abusive partner or a victim of dating abuse

_____Not at all successful _____ Somewhat successful _____ Mostly successful _____ Completely successful

Participants feel more comfortable confronting a friend who is abusive in a dating relationship

_____Not at all successful _____ Somewhat successful _____ Mostly successful _____ Completely successful

Participants understand how to support a friend in an abusive relationship

_____Not at all successful _____ Somewhat successful _____ Mostly successful _____ Completely successful

If you were less than “completely successful” in achieving any of these outcomes, please help us understand why.

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 5?

Instructor's name:

Community organization:

Session date:

Number of participants:

Session 6: Overcoming Gender Stereotypes

Please complete the following 7 questions.

1. How long did the session last?

2. Please indicate to what extent you addressed each of the following Session 6 components.

Part 1: Introduction

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 2: Unfair Expectations

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 3: Images and Where They Come From

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 4: Associations

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 5: Gender Stereotypes

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 6: Stereotyping Leads to Abuse

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 7: Conclusion

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

3. Based on your responses to Question 2, above, if there are components of Session 6 that you covered “not at all” or “somewhat,” please help us understand why.

4. Do you feel that you were adequately trained to implement Session 6 as intended?

_____NO

_____YES

4a. If you answered “No” to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 6 as intended.

5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?

_____ No

_____Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Overall, how successful were you in achieving each of the following Session 6 learner outcomes (as presented on page 93 of the Safe Dates curriculum manual)?

Participants understand that they and other people hold specific images of dating relationships

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can describe how the images people hold influence their interactions in a dating relationship

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can identify the harmful consequences of gender stereotyping

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can explain the role that gender stereotyping plays in dating relationships

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

If you were less than “completely successful” in achieving any of these outcomes, please help us understand why.

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 6?

Instructor's name:

Community organization:

Session date:

Number of participants:

Session 7: How We Feel, How We Deal

Please complete the following 7 questions.

1. How long did the session last?

2. Please indicate to what extent you addressed each of the following Session 7 components.

Part 1: Extending Your Feeling Vocabulary

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 2: Hot Buttons

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 3: Knowing When You're Angry

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 4: Calming Strategies

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 5: Dealing with Your Anger

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 6: Conclusion

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

3. Based on your responses to Question 2, above, if there are components of Session 7 that you covered “not at all” or “somewhat,” please help us understand why.

4. Do you feel that you were adequately trained to implement Session 7 as intended?

_____NO

_____YES

4a. If you answered “No” to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 7 as intended.

5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?

_____ No

_____ Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Overall, how successful were you in achieving each of the following Session 7 learner outcomes (as presented on page 107 of the Safe Dates curriculum manual)?

Participants can express their feelings or emotions in various ways

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants understand the importance of acknowledging and communicating their feelings

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can identify situations that trigger their anger

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can identify physiological and psychological cues that they're angry

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can identify a variety of nonviolent ways to respond to anger

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants understand that they have a choice in how to respond to anger

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can increasingly use nonviolent responses to anger

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

If you were less than “completely successful” in achieving any of these outcomes, please help us understand why.

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 7?

Instructor's name:

Community organization:

Session date:

Number of participants:

Session 8: Equal Power Through Communication

Please complete the following 7 questions.

1. How long did the session last?

2. Please indicate to what extent you addressed each of the following Session 8 components.

Part 1: The Four SAFE Skills for Effective Communication

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 2: Identifying Communication Skills

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 3: Role-Playing Communication Skills

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 4: What if it Doesn't Work?

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 5: Conclusion

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

3. Based on your responses to Question 2, above, if there are components of Session 8 that you covered “not at all” or “somewhat,” please help us understand why.

4. Do you feel that you were adequately trained to implement Session 8 as intended?

_____NO

_____YES

4a. If you answered “No” to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 8 as intended.

5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?

_____ No

_____Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Overall, how successful were you in achieving each of the following Session 8 learner outcomes (as presented on page 119 of the Safe Dates curriculum manual)?

Participants can describe the four SAFE communications skills for resolving conflict

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can demonstrate the use of the four SAFE communication skills

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can describe some nonviolent responses when a dating partner doesn't communicate in a way that is equal and fair

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

If you were less than “completely successful” in achieving any of these outcomes, please help us understand why.

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 8?

Instructor's name:

Community organization:

Session date:

Number of participants:

Session 9: Preventing Data Sexual Abuse

Please complete the following 7 questions.

1. How long did the session last?

2. Please indicate to what extent you addressed each of the following Session 9 components.

Part 1: Sexual Assault Facts

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 2: Paying Attention to the Signs

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 3: Interpreting Signs

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 4: Precautions

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 5: Conclusion

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

3. Based on your responses to Question 2, above, if there are components of Session 9 that you covered “not at all” or “somewhat,” please help us understand why.

4. Do you feel that you were adequately trained to implement Session 9 as intended?

_____NO

_____YES

4a. If you answered “No” to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 9 as intended.

5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?

_____ No

_____ Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Overall, how successful were you in achieving each of the following Session 9 learner outcomes (as presented on page 131 of the Safe Dates curriculum manual)?

Participants understand that victims of dating sexual abuse are never to blame

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants understand that rape is always unacceptable

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants understand and can interpret “no” cues correctly

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants know how to protect themselves in a potential rape situation

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can state their sexual boundaries clearly to their dating partner

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can describe dating tips to decrease their chances of being a victim of sexual assault or an abusive partner

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

Participants can identify date rape drugs

____ Not at all successful ____ Somewhat successful ____ Mostly successful ____ Completely successful

If you were less than “completely successful” in achieving any of these outcomes, please help us understand why.

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 9?

Instructor's name:

Community organization:

Session date:

Number of participants:

Session 10: Reviewing the Safe Dates Program

Please complete the following 7 questions.

1. How long did the session last?

2. Please indicate to what extent you addressed each of the following Session 10 components.

Part 1: Administering the Posttest

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 2: Reviewing the Safe Dates Program

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 3: Describing the Safe Dates Poster Contest

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

Part 4: Conclusion

_____ Not at all _____ Somewhat _____ Mostly _____ Completely

3. Based on your responses to Question 2, above, if there are components of Session 10 that you covered "not at all" or "somewhat," please help us understand why.

4. Do you feel that you were adequately trained to implement Session 10 as intended?

_____NO

_____YES

4a. If you answered “No” to Question 4, please tell us what additional training or resources would have been helpful to you in implementing Session 10 as intended.

5. Are there topics that you covered during this session that are not part of the Safe Dates curriculum?

_____ No

_____Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Overall, how successful were you in achieving the following Session 10 learner outcomes (as presented on page 145 of the Safe Dates curriculum manual)?

Participants will retain what they learned while participating in Safe Dates understand that victims of dating sexual abuse are never to blame

_____Not at all successful _____ Somewhat successful _____ Mostly successful _____ Completely successful

Participants understand that victims of dating sexual abuse are never to blame

_____Not at all successful _____ Somewhat successful _____ Mostly successful _____ Completely successful

If you were less than “completely successful” in achieving this outcome, please help us understand why.

7. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing Session 10?
